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Laser Can Reduce Pain and Improve Jaw Motion After Tooth Extraction

Each year it becomes clearer that low-level laser therapy is extremely helpful for the treatment of post-surgical trauma. A very interesting study was performed to evaluate the effect of low-level laser therapy (LLLT) on postoperative swelling and decreased range of motion of the jaw after the removal of mandibular third molars. It was determined that symptoms were significantly less severe in the laser treatment group than in the placebo group. This study helps substantiate the widespread use of low level lasers by dentists in many parts of the world. Photomed Laser Surg. 2009 Jan 16

Laser is Superior to Ultrasound in Stimulating Healing and Alleviating Pain

Therapists and doctors continue to debate the value of various electrotherapy modalities. One of the debates concerns the value of ultrasound versus laser therapy. The objective of this study was to investigate the effectiveness of splinting, ultrasound (US), and low-level laser (LLL) in the management of carpal tunnel syndrome (CTS). Both laser and ultrasound were helpful. However, LLL therapy plus splinting was more advantageous than US therapy plus splinting, especially for the outcomes of lessening of symptom severity, pain alleviation, and increased patient satisfaction. This study substantiates the results of other research projects that have documented that laser is more effective than ultrasound at stimulating healing and reducing pain. Photomed Laser Surg. 2009 Jan 26.

After Mastectomy, Laser Helpful in Reducing Swelling

It is common for women to suffer significant swelling after mastectomy surgery. Exercises and compression are common therapies and low-level laser therapy (LLLT) is a new and promising therapy. In this study it was found that LLLT was extremely helpful modality in the treatment of post-mastectomy lymphoedema and was especially helpful at providing long term improvement. Clin Rehabil. 2009 Feb; 23(2): 117-24

Low-Level Laser Therapy Can Help Bone Repair

The interaction between NSAIDs and laser therapy has not been fully evaluated. In this study, selective cyclooxygenase-2 non-steroidal anti-inflammatory drugs were used after surgery for reducing edema and pain. The aim of this study was to evaluate the action of anti-COX-2 selective drug (celecoxib) on bone repair associated with laser therapy. A total of 64 rats underwent surgical bone defects in their tibias and then were assessed to evaluate bone healing. The results suggest that low-level laser therapy is able to improve bone repair in the tibia of rats as a result of an up-regulation for cyclooxygenase-2 expression in bone cells. J Oral Rehabil. 2008 Dec; 35(12): 925-33

About the Author

Curtis Turchin, M.A., D.C. has a bachelor's degree in pre-medical studies from the University of Southern California, a master's degree in Special Education from San Francisco State University, and a doctor of chiropractic from Palmer College. He is in private practice near San Francisco using manual therapies and lasers in a practice with a physician. He has published 3 books, more than 20 journal articles, and has been extensively interviewed on radio and television. Dr. Turchin is the author of the

new text, ***Light and Laser Therapy: Clinical Procedures***, described as the authoritative text on clinical laser treatment as well as, ***Treating Addictions with Laser Therapy***, the only book published on this subject.



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